



MY JOURNEY

My arrival

My name

My date of birth

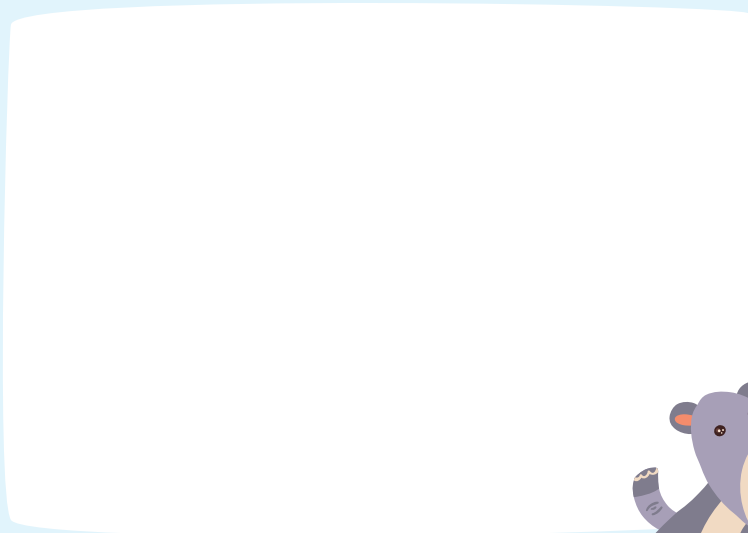
My time of birth

My actual due date

My birth weight

The name of the hospital

My birth story



My photo
can go here!

My family

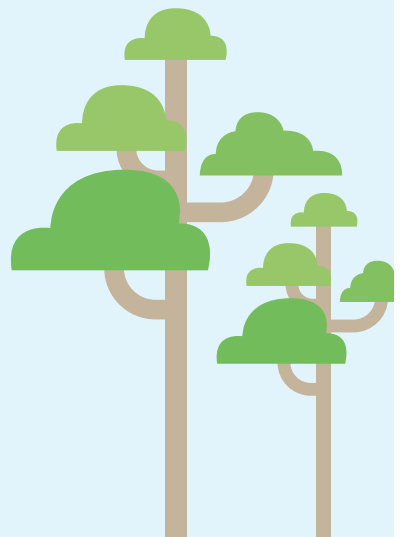
My parents are

My home address is

My siblings are



People who visited me



Things I like



Things I don't like



My favourite books



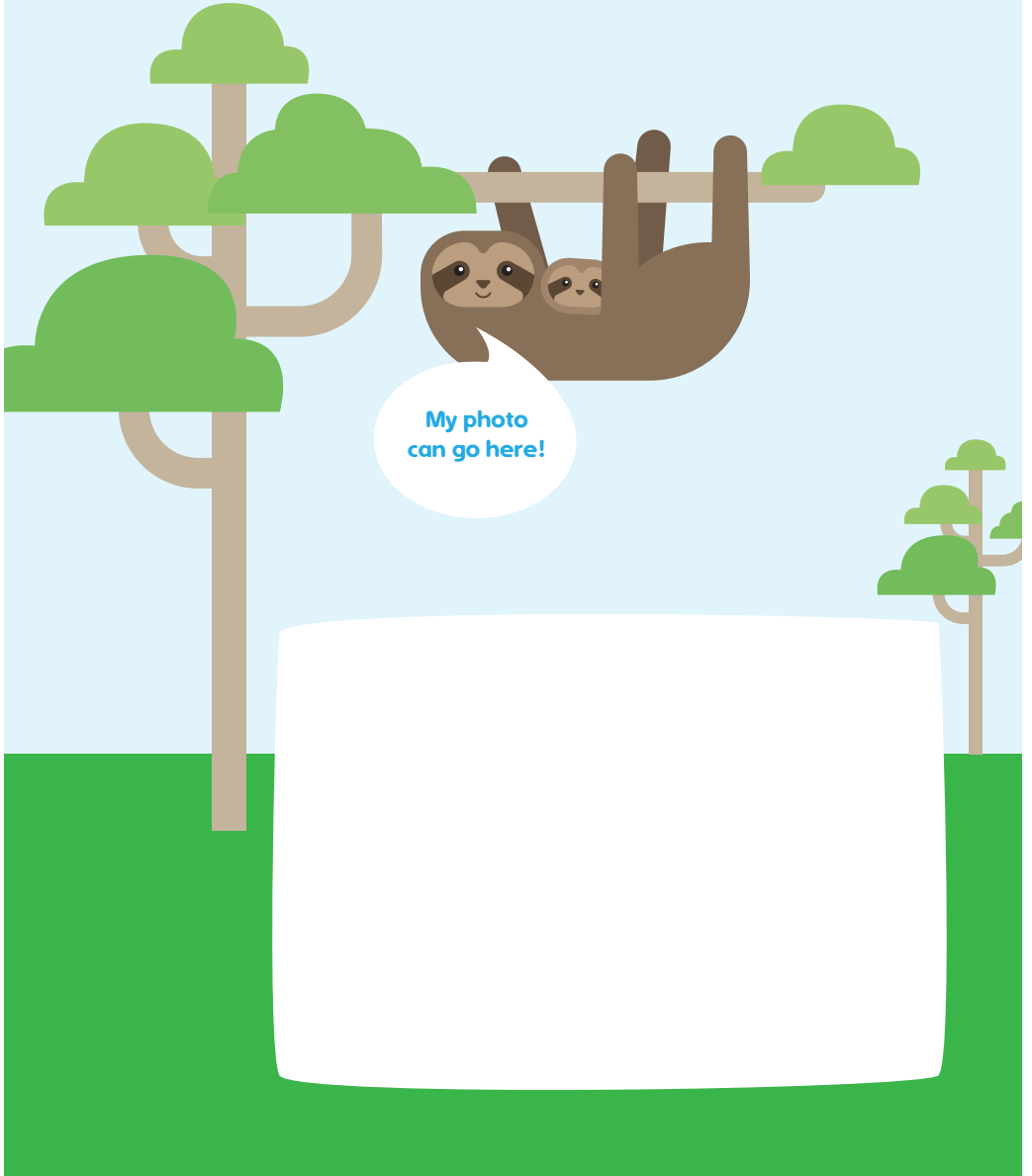
My favourite songs



My milestones:

The first time you held me

Date _____



My photo
can go here!

My milestones:

The first time you changed my nappy

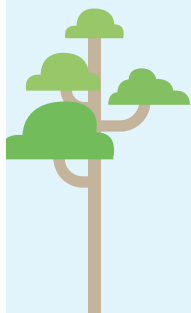
Date



My milestones:

The first time you fed me

Date

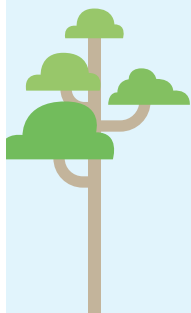
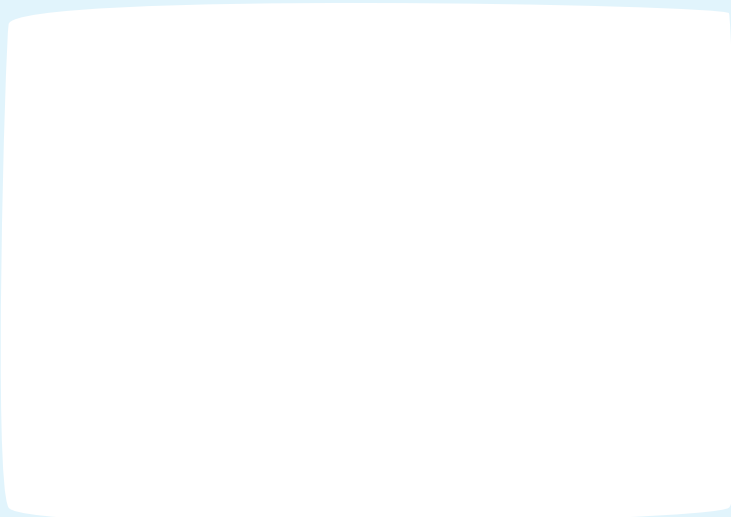


My photo
can go here!

My milestones:

The first time I had a skin to skin cuddle

Date _____



My photo
can go here!

My milestones:

The first time I put clothes on

Date _____



SPOTS OR
STRIPES?

My photo
can go here!



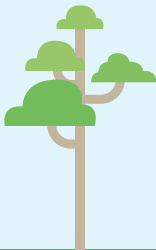
My milestones:

The day I came out of the incubator

Date



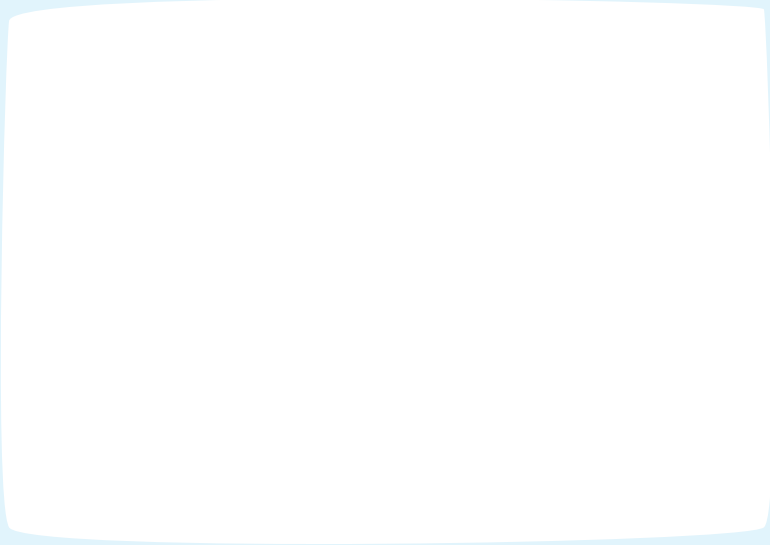
My photo
can go here!



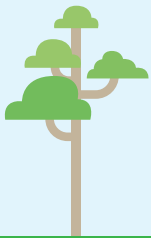
My milestones:

The day I came out of the heated cot

Date _____



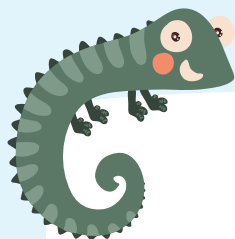
My photo
can go here!



My milestones:

My first day without monitoring

Date



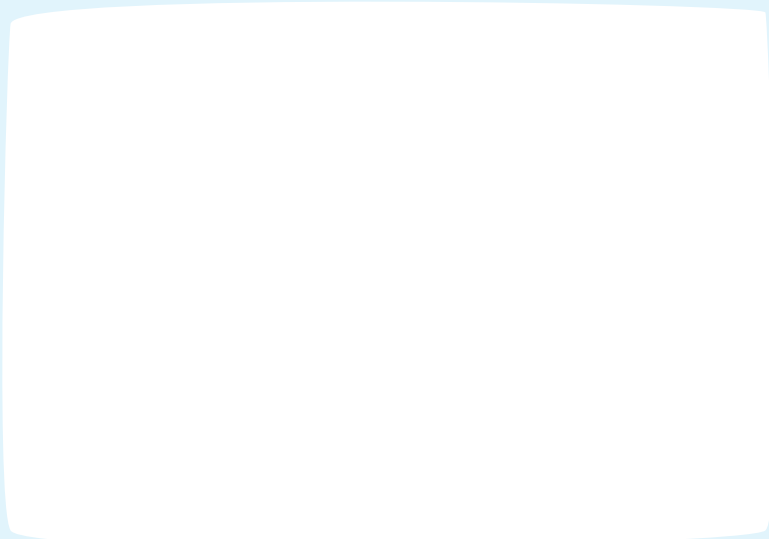
My photo
can go here!

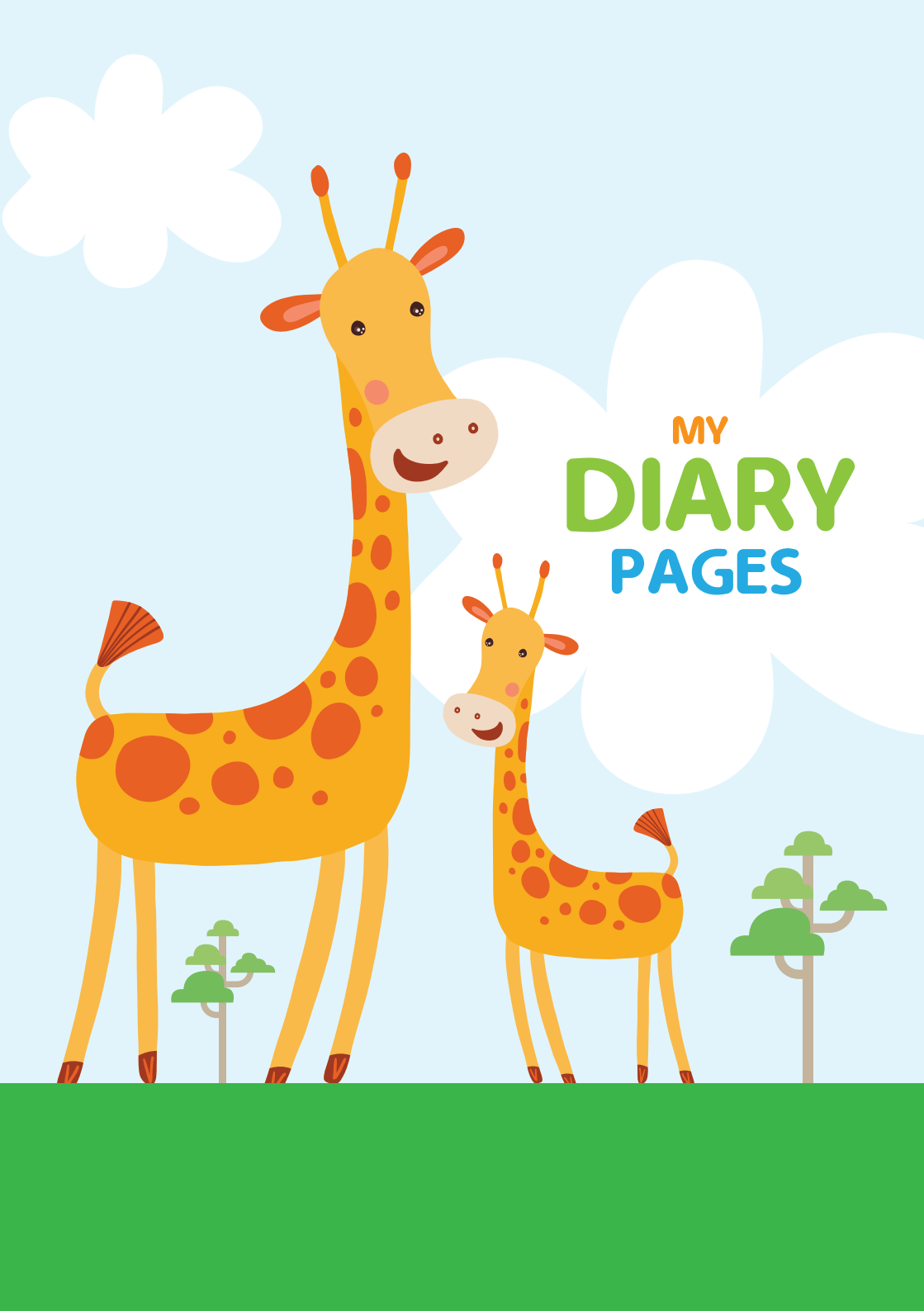


My milestones:

The first night with my family

Date _____





MY
DIARY
PAGES

My journey through NNU

Red

(not ready for home)

- On a ventilator, CPAP or Optiflow
- Nil by mouth
- Unstable temperature
- In an incubator or heated cot

Orange

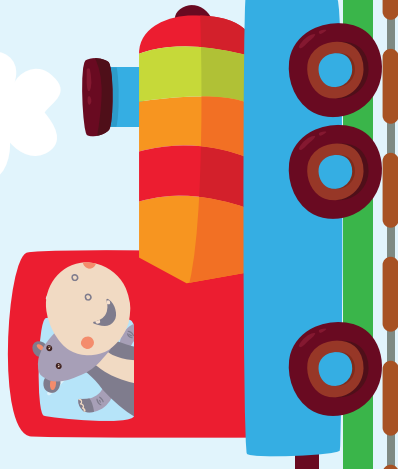
(preparing for home)

- Weaning respiratory support
- Reducing monitoring
- Tolerating feeds
- Introducing oral feeds
- Gaining weight
- In a cot
- Meet the Neonatal Community team (Outreach)

Green

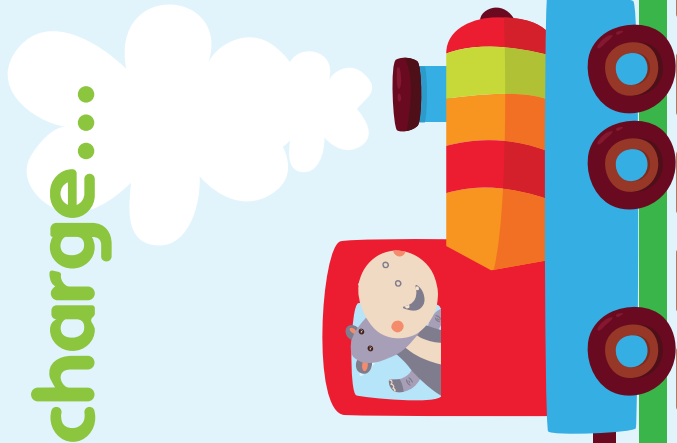
(ready to go home)

- Maintaining own temperature
- Breathing without support or going home on oxygen
- Off monitoring
- No nests or rolls in cot
- Mainly oral feeding
- Gaining weight
- Rooming in
- Always sleeping on my back





Journey to discharge...



- Register with GP
- Equipment for feeding
- Prescription for milk (if required)
- Basic Life Support
- Hearing screening

- Shown how to prepare feeds
- Shown how to give medication
- Outpatient appointments
- Rooming in date

- Equipment for home
- Immunisations (if required)
- Red book
- Car seat



GOING HOME CERTIFICATE



Birth date

Discharge date

Birth weight

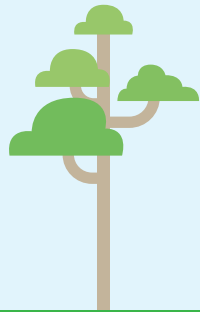
Discharge weight

My photo
can go here!





This diary has been jointly funded by
The Early Birth Association (EBA)
and Rockinghorse



For more information about the work we do, please visit our website
at www.trevormannbabyunit.co.uk

For more information about fundraising for our partner charities,
please contact Rockinghorse at www.rockinghorse.org.uk,
Registered charity number 1018759 and The Early Birth Association
at www.earlybirth.co.uk, Registered charity number 286727